

1. A training bat comprising:

a barrel section having a first diameter, said first diameter being less than 2 1/4 inches;

5 a transition section having first and second ends, said transition section having a decreasing diameter from said first end to said second end, said first end being operatively connected to said barrel section where said diameter of said first end is substantially equivalent to said first diameter of said barrel section; and

10 a handle section having a first end with a second diameter, said first end of said handle section being operatively connected to said second end of said transition section where said diameter of said first end of said handle section is substantially equivalent to said second end of said transition section;

wherein said training bat has a length and a weight which are substantially equivalent to the length and weight of a respective conventional Little League, baseball, or softball bat.

2. The training bat of claim 1, further wherein said barrel section includes a weighted member such that the weight of the training bat is substantially equivalent to that of said respective conventional bats having a length substantially equivalent to the length of said training bat.

3. The training bat of claim 1, said barrel section made from a material selected from the group consisting of wood, aluminum, aluminum-titanium alloys, beryllium, and plastic composite.

4. A training bat comprising:

a barrel section having a diameter in the range between about 1 ½ inches and about 1 ¾ inches; and

5 a transition section having first and second ends, said transition section having a decreasing diameter from said first end to said second end, said first end being operatively connected to said barrel section where said diameter of said first end is substantially equivalent to said first diameter of said barrel section; and

10 a handle section having a first end with a second diameter, said first end of said handle section being operatively connected to said second end of said transition section where said diameter of said first end of said handle section is substantially equivalent to said second end of said transition section;

wherein said training bat has a length and a weight which are substantially equivalent to the length and weight of a respective conventional Little League, baseball, or softball bat.

5. The training bat of claim 4, further wherein said barrel section includes a weighted member such that the weight of the training bat is substantially equivalent to that of said respective conventional bats having a length substantially equivalent to the length of said training bat.

6. The training bat of claim 4, said barrel section made from a material selected from the group consisting of wood, aluminum, aluminum-titanium alloys, beryllium, and plastic composite.

7. The training bat of claim 1 further comprising an elongated rod in a drilled out portion of said barrel section.
8. The training bat of claim 7 wherein said elongated rod extends the length of said barrel section.
9. The training bat of claim 4 further comprising an elongated rod in a drilled out portion of said barrel section.
10. The training bat of claim 9 wherein said elongated rod extends the length of said barrel section.